

Table S2: List of analytical methods used for the determination of vitamins in the different plant-based drinks and cow's milk

Vitamins	Standards	Reference	Preparation	Analysis	LOD	LOQ
B1	Thiamine hydrochloride Sigma T 4625	Mai H. Bui, Int. J. Vitam. Nutr. Res., 69 (4), 1999	Hot acid hydrolysis	Microbiological assay: <i>Lactobacillus fermentis</i> ; turbidimetry	0,2 ng mL ⁻¹	0,67 ng mL ⁻¹
B2	Riboflavin Sigma R4500	AOAC 940.33	Hot acid hydrolysis	Microbiological assay: <i>Lactobacillus casei</i> ; turbidimetry	1,1 ng mL ⁻¹	3,6 ng mL ⁻¹
B6	B6 hydrochloride Fluka 95180	AOAC 961.15	Hot acid hydrolysis	Microbiological assay: <i>Saccharomyces carlsbergensis</i> ; turbidimetry	0,08 ng mL ⁻¹	0,28 ng mL ⁻¹
Niacin	Nicotinamide Sigma 72340	AOAC 944.13	Hot acid hydrolysis	Microbiological assay: <i>Lactobacillus plantarum</i> ; turbidimetry	1,9 ng mL ⁻¹	6 ng mL ⁻¹
Pantothenic acid	D-Pantothenic acid hemicalcium salt Sigma 21210	AOAC 945.74	Hot water extraction	Microbiological assay: <i>Lactobacillus plantarum</i> ; turbidimetry	3,8 ng mL ⁻¹	11 ng mL ⁻¹
Biotin	Biotine Sigma B4501	Schw. LMB 1550.1	Hot acid hydrolysis	Microbiological assay: <i>Lactobacillus plantarum</i> ; turbidimetry	0,02 ng mL ⁻¹	0,07 ng mL ⁻¹
Folic acid	Folic acid Sigma F7876	AOAC 2004.05 / EN 14131: 2003, Or DEVRIES ET AL.: JOURNAL OF AOAC INTERNATIONAL VOL. 88, NO. 1, 2005	Hot basic or trienzyme extraction	Microbiological assay: <i>Lactobacillus casei</i> ; turbidimetry	0,01 ng mL ⁻¹	0,03 ng mL ⁻¹
B12	Cyanocobalamin Sigma PHR1234	AOAC 952.20	Hot water extraction (buffered)	Microbiological assay: <i>Lactobacillus leichmanii</i> ; turbidimetry	0.0017 ng mL ⁻¹	0.0056 ng mL ⁻¹
C	Acide-L-Ascorbique Sigma 33034	EN 14130:2003 / M.H. Bui-Nguyễn, J. Chromatogr. 196,163, 1980	Extraction with acetic or metaphosphoric acid	HPLC; UV detection	24 ng mL ⁻¹	80 ng mL ⁻¹
A	A alcohol Fluka 95144	AOAC 2001.13	Saponification, extraction	HPLC; UV detection	40 ng mL ⁻¹	130 ng mL ⁻¹
E	DL- α -Tocophérol Fluka 95240	AOAC 992.03	Saponification, extraction	HPLC; UV detection	300 ng mL ⁻¹	1100 ng mL ⁻¹

D	D3 Fluka 95230/D2 Fluka 95220 D2 Lanospharma Laboratories Co.,Ltd D4 Lanospharma Laboratories Co.,Ltd	AOAC 2002.05	Saponification, extraction	HPLC; UV detection, or LC/MS	35 ng mL ⁻¹	120 ng mL ⁻¹
K1 K2	Phylloquinone Sigma 47773 Menaquinone Sigma 4774	Schw. LMB 1540.1	Enzymatic digestion, liquid/liquid extraction	HPLC; fluorimetric detection	0,015 ng mL ⁻¹	0,06 ng mL ⁻¹